

October 2024

Menu and Ingredient

Sasebo Ekimae Nursery Center
Sasebo Day Nursery

Date	10/ 1(Tue)	10/ 2(Wed)	10/ 3(Thu)	10/ 4(Fri)	10/ 5(Sat)	10/ 7(Mon)	10/ 8(Tue)	10/ 9(Wed)	10/ 10(Thu)	10/ 11(Fri)	10/ 12(Sat)	10/ 14(Mon)	10/ 15(Tue)	10/ 16(Wed)	10/ 17(Thu)
Morning Snack	Milk Shrimp-Flavor Crackers	Milk Corn Snack	Milk Crackers	Milk Rice Crackers	Milk Vegetables Bar	Milk Fried Crackers	Milk Shrimp-Flavor Crackers	Milk Corn Snack	Milk Crackers	Milk Rice Crackers	Milk Vegetables Bar		Milk Fried Crackers	Milk Shrimp-Flavor Crackers	Milk Corn Snack
Menu	Rice Grilled Whitefish Cabbage Salad Soybean Paste Soup Pears	Rice Korean Fried Chicken Potato Salad Chinese Soup Oranges	Rice Mapo Tofu Bean-Starch Vermicelli Salad Clear Soup Bananas	Rice Fried Whitefish Tuna Salad Soybean Paste Soup Apples	Chicken and Egg Bowl Seasoned Cucumber Soybean Paste Soup Canned Peaches	Rice Grilled Chicken Caesar Salad Consommé Soup Mini Jerry	Rice Grilled Salmon Dressed Japanese Mustard Spinach Clear Soup Pear	Rice Spanish Omelet French Salad Soymilk Soup Orange	Rice Grilled Whitefish Simmered Hijiki-Seaweed Soybean Paste Soup Apples	【Indian Cuisine】 Keema Curry and Rice Raita Consommé Soup Bananas	Rice Pork and Giger Bowl Cabbage Salad Soybean Paste Soup Canned Pineapple		Rice Simmered White Fish Dressed Japanese Mustard Spinach Soybean Paste Soup Oranges	Rice Okinawa Stir-Fried Soybean Curd Korean Vegetables Salad Soybean Paste Soup Bananas	Bread Roll Chili Con Carne Egg Salad Milk Soup Apples
Ingredient	Rice Codfish Salt Japanese Rice Wine Carrot Mayonnaise Powder Cheese Parsley Cabbage Soybean Sprout Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Carrot Onion Fried Soybean Curd Dried Young Sardine Soybean Paste Pear	Chicken Sweet Rice Wine Salt Sesame Oil Starch Ketchup Soy Sauce Sugar Garlic Potato Carrot Cucumber Tuna Flakes Mayonnaise Sugar Salt Cabbage Corn Carrot Chinese Stock Orange	Soybean Curd Pork Onion Carrot Green Onion Ginger, Garlic Soybean Paste, Red Soybean Paste Sugar, Soy Sauce Japanese Rice Wine, Sesame Oil Starch Bean-Starch Vermicelli Japanese Mustard Spinach Carrot White Sesame Vinegar Soy Sauce Sesame Oil Sugar Salt Wakame Seaweed Enoki-Mushroom Onion Natural Stock Soy Sauce, Japanese Rice Wine Sweet Rice Wine, Salt Banana	Rice Codfish Ginger Japanese Rice Wine Soy Sauce Sweet Rice Wine Starch Cooking Oil Cucumber Soybean Sprout Carrot Cabbage Vinegar Carrot Soy Sauce Salt Dried White Radish Stripes Squash Shimeji-Mushroom Konjac Noodles Dried Young Sardine Soybean Paste Apple	Rice Chicken Egg Carrot Onion Green Pea Natural Stock Soy Sauce Sugar Japanese Rice Wine Spinach Cucumber Corn Mayonnaise Cabbage Carrot Vinegar Powder Cheese Garlic Sugar Onion Carrot Potato Consommé Mini Jerry	Rice Chicken Marmalade Garlic Soy Sauce Sugar Japanese Rice Wine Spinach Cucumber Carrot Mayonnaise Garlic Sugar Onion Carrot Potato Consommé	Salmon White Soybean Paste Sweet Rice Wine Sugar Soybean Curd Japanese Mustard Spinach Soybean Sprout Carrot Soy Sauce Sugar White Sesame Onion Carrot Starch Green Onion Natural Stock Soy Sauce Japanese Rice Wine Sweet Rice Wine Salt Pear	Egg Bacon Potato Onion Carrot Salt Parsley Ketchup Cabbage Cucumber Carrot Soy Sauce Sugar Cooking Oil Salt Chinese Cabbage Carrot Shimeji-Mushroom Soymilk Consommé Salt Orange	Rice Codfish Salt Soy Sauce Sweet Rice Wine White Sesame Hijiki-Seaweed Fried Soybean Curd Soybean Carrot Sesame Oil Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Squash Onion Green Onion Dried Young Sardine Soybean Paste Apple	Rice Pork Onion Carrot Green Pepper Curry Powder Curry Roux Ketchup Worcestershire Sauce Cooking Oil Cabbage Cucumber Carrot Vinegar Cooking Oil Sugar Salt Onion Carrot Fried Soybean Curd Dried Young Sardine Soybean Paste Banana		Rice Codfish Ginger Soy Sauce Japanese Rice Wine Sweet Rice Wine Sugar Japanese Mustard Spinach Soybean Sprout Carrot Corn Soy Sauce Sugar Onion Carrot Wakame-Seaweed Dried Young Sardine Soybean Paste Orange	Rice Fried Soybean Curd Pork Onion Spinach Salt Soy Sauce Sweet Rice Wine Sesame Oil Dried Bonito Flakes Cabbage Cucumber Carrot Vinegar Cooking Oil Sugar Salt Onion Dried Seaweed Soy Sauce Sesame Oil Sugar Garlic Onion Shimeji-Mushroom Dried Young Sardine Soybean Paste Banana	Bread Roll Soybean Chicken Onion Carrot Garlic Tomato Ketchup Consommé Sugar Salt Cooking Oil Egg Soybean Sprout Carrot Tuna Flakes Vinegar Cooking Oil Sugar Salt Potato Onion Corn Milk Consommé Parsley Apple	
Snack	Milk Raisin Steamed Bread	Green Tea Fruits Yogurt	Milk Toast	Milk Cocoa Pancake	Milk Boiled Sweet Potatoes	Milk Pancake	Milk Sesame Cookie	Milk Bread Pudding	Milk Milk Jerry	Milk Soybean Curd Doughnuts	Milk Starch Rusk		Milk Baked Mashed Potatoes	Milk Boiled Macaroni	Green Tea Seasoned Rice
	Wheat Flour Raisin Baking Powder Sugar Cooking Oil	Plain Yogurt Banana Canned Mikan-Orange Sugar	Bread Dried Baby Sardine Mayonnaise Aosa- Seaweed Powder Cheese	Wheat Flour Cocoa Baking Powder Sugar Cooking Oil	Sweet Potato Soybean Flour Sugar Salt	Pancake Powder Milk Egg	Egg Sugar Wheat Flour White Sesame	Bread Egg Milk Sugar	Milk Canned Pineapple Agar Sugar	Soybean Curd Wheat Flour Sugar Baking Powder Cooking Oil	Starch Water Brown Sugar		Potato Starch Butter Cooking Oil Sliced Cheese	Macaroni Soybean Flour Sugar Salt	Rice Fried Soybean Curd, Carrot Burdock Root Soy Sauce, Sweet Rice Wine Salt
Morning Snack	Milk Crackers		Milk Crackers	Milk Vegetables Bar	Milk Fried Crackers	Milk Shrimp-Flavor Crackers	Milk Corn Snack	Milk Crackers	Milk Rice Crackers	Milk Vegetables Bar	Milk Fried Crackers	Milk Shrimp-Flavor Crackers		Milk Shrimp-Flavor Crackers	
Snack	Rice Grilled Whitefish Dressed Spinach Soybean Paste Soup Oranges		Rice Grilled Salmon Chinese Cabbage Salad Vegetables Soup Bananas	Rice Cheamon Noodles Rice Balls Seasoned Cucumber Apples	Rice Stir-Fried Liver Sesame and Mayonnaise Salad Consommé Soup Oranges	Rice Simmered Pork and Soybean Curd Simmered Dried White Radish Stripes Clear Soup Apples	Rice Fried Chicken Vegetables Salad Soybean Paste Soup Bananas		Rice Grilled Chicken Spinach Salad Vegetables Soup Mini Jerry	Rice Japanese Omelet Dressed Vegetables Soybean Paste Soup Oranges	Rice Grilled Salmon Simmered Freeze Dry Soybean Curd Soybean Paste Soup Apples	Rice Hushed Pork Rice Cabbage Salad Milk Soup Bananas		Rice Hushed Pork Rice Cabbage Salad Milk Soup Bananas	
Ingredient	Rice Codfish Soy Sauce Japanese Rice Wine Sweet Rice Wine Soybean Curd Spinach Soybean Sprout Carrot Soy Sauce Sugar Starch Onion Carrot Green Onion Dried Young Sardine Soybean Paste Orange		Rice Salmon Salt Mayonnaise Cream Corn Parsley Chinese Cabbage Cucumber Carrot Loin Ham Cooking Oil Soy Sauce Vinegar Sugar Salt Squash Onion Carrot Consommé Banana	Chinese Noodles Pork Cabbage Onion Carrot Shiitake-Mushroom Corn Sesame Oil Milk Chinese Stock Soy Sauce Salt Starch Rice Dried Food Seasoning Cucumber Soybean Sprout Carrot Fish Cake- Crab Meat Flavor Vinegar Sugar Apple	Rice Chicken Liver Ginger Soy Sauce Starch Potato Cooking Oil Ketchup Natural Stock Soy Sauce Japanese Rice Wine Worcestershire Sauce Parsley Spinach Soybean Sprout Loin Ham White Sesame Mayonnaise Sugar Salt Onion Shimeji-Mushroom Cabbage Consommé Orange	Rice Pork Soybean Curd Onion Carrot Green Onion Cooking Oil Soybean Paste, White Soybean Paste Natural Stock Soy Sauce, Sugar Sweet Rice Wine, Japanese Rice Wine Starch Dried White Radish Stripes Carrot Fried Soybean Curd Kidney Bean Natural Stock Soy Sauce Sugar Sweet Rice Wine Japanese Rice Wine Enoki-Mushroom Onion Wakame-Seaweed Natural Stock Soy Sauce, Japanese Rice Wine Sweet Rice Wine, Salt Apple	Rice Chicken Soy Sauce Garlic Ginger Sweet Rice Wine Japanese Rice Wine Sugar Salt Starch Cooking Oil Cucumber Soybean Tuna Flakes Corn Sesame Oil Soy Sauce Vinegar Sugar Salt Japanese Mustard Spinach Carrot Potato Dried Young Sardine Soybean Paste Banana		Rice Chicken Sugar Japanese Rice Wine Ketchup Cooking Oil Salt Sliced Cheese Parsley Spinach Soybean Sprout Carrot Vinegar Soy Sauce Cooking Oil Sugar Salt Cabbage Carrot Onion Consommé Mini Jerry	Rice Egg Hijiki-Seaweed Carrot Onion Shiitake-Mushroom Soy Sauce Sugar Salt Japanese Mustard Spinach Cucumber Carrot Fermented Soybean Soy Sauce Sugar Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Apple Oranges	Rice Salmon Salt Mixed Cheese Freese-Dry Soybean Curd Egg Carrot Green Pea Natural Stock Soy Sauce Sugar Salt Japanese Rice Wine Sweet Rice Wine Japanese Rice Wine Wakame-Seaweed Onion Enoki-Mushroom Dried Young Sardine Soybean Paste Apple		Rice Pork Onion Carrot Shimeji-Mushroom Hushed Pork Roux Cooking OIL Cabbage Soybean Sprout Carrot Corn Vinegar Soy Sauce Cooking Oil Sugar Salt Potato Onion Carrot Bacon Milk Consommé Parsley Banana		
Snack	Milk Cheese Steamed Bread		Milk Boiled Potatoes	Milk Bracken-Starch Dumpling	Milk Brown Sugar Rusk	Milk Yogurt Cake	Milk Pancake	Milk Heart-Shaped Pie, Rice Cracker	Milk Dried Young Sardine, Fruits	Milk Candied Sweet Potatoes	Milk Orange Steamed Bread	Milk Halloween Cookie		Milk Halloween Cookie	
	Wheat Flour Processed Cheese Baking Powder Sugar Cooking Oil		Potato Aosa- Seaweed Salt	Bracken-Starch Flour Brown Sugar Soybean Flour Sugar	Bread Brown Sugar	Wheat Flour Baking Powder Sugar, Cooking Oil Plain Yogurt Canned Peach	Wheat Flour Baking Powder Soybean Flour Cooking Oil Sugar	Dried Young Sardine Sugar White Sesame Apple	Sweet Potato Cooking Oil Sugar Starch Black Sesame	Wheat Flour Marmalade Baking Powder Cooking Oil Sugar	Wheat Flour Sugar Cooking Oil	Wheat Flour Sugar Cooking Oil		Wheat Flour Sugar Cooking Oil	

Public Holiday
(Sports Day)

Box Lunch Day



October

This month's world cuisine is Indian Cuisine



※Menu may change depending on the availability of ingredients.